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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

Physical Therapy ORDER – 5th Metatarsal Fracture Fixation

Phase I (Weeks 0-2)

- Weight Bearing: NWB with crutches
- Brace: CAM walker boot
- No formal PT, but encourage ice and elevation
- Confirm Vitamin D intake and bone stim

Phase II (Weeks 2-4)

- Weight bearing: partial WB in CAM walker boot with crutches
- Brace: CAM walker boot
- Range of Motion: achieve full in all planes (ankle and foot)
- Work on swelling control

Phase III (Weeks 4-6)

- Weight bearing: slowly progress to WBAT in boot
- Brace: CAM walker boot

Phase IV

- MD to determine timeline based on radiographic healing
- Wean out of CAM walker boot and return to normal shoe with custom orthosis to offload 5th metatarsal